

Inventory of Public Resources Related to Health for Cities and Towns in Vermont

April 1, 2006



Community Garden, Grande Isle County



General Store, Orange County



Bike Path, Chittenden County

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Introduction

Justification & Purpose

Over the past two decades, rates of overweight and obesity (a subset of overweight) have been rapidly increasing in the United States (Centers for Disease Control and Prevention [CDC], 2005). A recent Food and Drug Administration (FDA) report stated, “The nation is currently facing a major long-term public health crisis- that shows no signs of abating” (FDA, 2004).

As of 2002, 59.1 percent of Americans were overweight or obese, compared to 47.2 percent in 1992, which is an 11.9 percent increase (CDC, 2005). Following the national trend, Vermont has shown similar increase in overweight and obesity (CDC, 2005). Between 1992 and 2002, obesity increased by 11.2 percent in Vermont from 43.3 percent to 54.5 percent (CDC, 2005). As of 2004, at least 55 percent of Vermont adults were either overweight or obese (CDC, 2005).

Being overweight or obese is dangerous because it greatly increases the risk levels for health problems including: high blood pressure, high cholesterol, diabetes, heart disease, and stroke (CDC, 2005; National Institutes of Health [NIH], 1998; Stunkard & Wadden, 1993).

For many years, researchers focused on individual, behavioral factors of overweight and obesity. Recently, more attention has become focused toward understanding how “physical inactivity, obesity, and related chronic health problems are affected by environmental factors” (Ewing *et al.*, 2003, p.47). Furthermore, evidence-based recommendations from the Task Force on Community Preventative Services (CPS) promote community-wide urban design and land-use that create opportunities for physical activity as a strategy to increase physical activity levels (CDC, 2001).

The purpose of this study is to take an inventory of public resources that support and promote public health in Vermont’s cities and towns.

The scope of the study includes public resources and omits private resources, which may not be available to all Vermonters. Also, the study is limited to the availability of resources and does not attempt to address levels of actual use.

Objectives

1. To determine the presence of physical attributes of the built environment that are conducive to physical activity;
2. To document the existence of policies and ordinances at the local level that are supportive of an environment that encourages physical activity; and
3. To identify the location of grocery stores, convenience stores, farmers markets, community gardens, and restaurants in the community.

Methods

Introduction

This study was conducted by the University of Vermont, Center for Rural Studies (CRS), for the Vermont Department of Health (VDH). Funding for the study was from the Centers for Disease Control under cooperative agreement U58/CCU122788. CRS was selected to carryout this research through a competitive bidding process.

The study methods were developed by CRS in collaboration with VDH with consultation from the Vermont Agency of Transportation and Vermont Regional Planning Commission. These study methods are described below and include the following: (1) study instrument; (2) study process, and (3) analysis and reporting.

Study Instrument

The study instrument (Appendix A) was designed to take an inventory of public resources in Vermont municipalities that support and promote public health. Therefore, the instrument focused primarily on public resources controlled by the municipal government. Private resources such as health clubs, trail networks controlled by private organizations, hospitals, and health clinics were not included in this study. There were two exceptions to the focus on public resources. First, Section II contained one question related to public/private collaboration to promote activity. Second, Section III included a question regarding the availability of privately owned stores that sell food products within the boundaries of the municipality.

The study instrument was designed through a collaborative effort by VDH staff and CRS. VDH experts in the field of public health, including nutrition and physical activity, developed a list of information that needed to be captured. From that list, CRS experts in survey design developed a draft of the empirical measures used in the instrument. Similar research that had been conducted in Massachusetts served as a starting point and guide (see Massachusetts Department of Public Health, 2002).

The draft survey instrument was previewed and pre-tested with a limited number of town clerks, regional planners, and other expert consultants in the fields of transportation and planning. A final draft of the survey instrument was reviewed and approved by a VDH Survey Review Committee.

Study Process

The study employed a cross-section study design, which means it was conducted at one period in time; however, the intention of VDH was to establish methods that would enable subsequent studies, thus allowing for a longitudinal study in the future.

The unit of analysis for this study was the municipal unit, which includes cities, towns, and incorporated villages. There are 246 cities and towns in Vermont. In addition, there are 41 incorporated villages, which are located within the geographic boundaries of various towns. The sampling frame, which is the operational definition of

the study population, was provided by the Vermont League of Cities and Towns in the form of a list of municipal clerks, planners, public works administrators, and managers or select boards.

A census including all of Vermont's cities and towns was chosen over a sample. Taking a census was decided upon for two reasons. First, the purpose of the study, as set forth by VDH, suggested that including as many municipalities as possible was critical. Second, due to the relatively low number of municipal units in Vermont, a survey would have required almost all of the municipalities in the state to respond in order to achieve an acceptable margin of error.

The study instrument was administered through the mail as part of a study packet. Study packets were developed that included: (1) a cover letter; (2) the survey instrument; and (3) a self-addressed stamped envelope. In order to increase the response rate, a variation on Dillman's "Total Design Approach" (TDA) was used. TDA is a set of recommendations for maximizing mail responses by utilizing (1) specific survey design concepts and by (2) following a multi-step contact schedule. By following the contact schedule prescribed by Dillman, non-respondent municipalities were contacted at least three times by mail and twice by phone. In addition, a hotline was set-up to answer questions and provide background information on the study.

The initial survey instrument administration period went from July to September 2005; however, some municipalities did not respond until late-November. Responses were received from municipalities by mail, fax, email, and hand. The overall response rate was 93 percent (Table 1). In comparison, the 2000 U.S. Census had a response rate of 67 percent. The responses of villages were included with the responses of the town where they geographically reside.

Table 1. Response Rate

	Total Received	Total Cities/towns	Response rate
Vermont	229	246	93%
Addison	22	23	96%
Bennington	16	16	100%
Caledonia	17	17	100%
Chittenden	16	17	94%
Essex	12	13	92%
Franklin	14	15	93%
Grand Isle	4	5	80%
Lamoille	9	10	90%
Orange	15	17	88%
Orleans	17	19	90%
Rutland	25	28	89%
Washington	19	20	95%
Windham	21	22	95%
Windsor	22	24	92%

The study instrument instructions indicated that the municipality could empower any individual or group of elected officials, staff people, or citizens-in-good-standing, to complete the study instrument. In cases where more than one official responded to the survey, if there were any discrepancies, the affirmative response was counted.

The data was stored electronically using Microsoft Excel and in hardcopy. US Census data tables were used to refine the organization of the municipal data by county and population.

Analysis & Reporting

The data analysis was primarily descriptive. The Statistical Package for the Social Sciences (SPSS) was used for the analysis. Frequencies and descriptive statistics were calculated for each of the variables.

Frequencies values are presented as the percent of the affirmative response. When a descriptive analysis is conducted maximum, minimum, and average (mean) and standard deviation (std. dev.) values are given. In the case that an analysis is conducted with fewer respondents than the state or country totals, an n value is given to show the total number of respondents in that case.

Based on the findings, figures were made using Microsoft Excel's graphing function. Primarily, bar charts were developed to present the findings. Several pie charts were also created. Tables are created using Microsoft Word's table function.

The narrative and figures presenting the finds are included in the Results. The results are divided into three sections: (1) Physical Infrastructure; (2) Policy Issues and Public/Private Collaboration; and (3) Nutrition. The Physical Infrastructure section is further sub-divided in a (1) Street and Trail Networks and a (2) Parks & Recreation section.

Throughout the Results section of this report the term "cities and towns" is abbreviated to "cities/towns" for the sake of brevity.

Summary of Finding

Section I: Physical Infrastructure

- ☐ The majority of cities/towns have reduced speed zones (78.2 percent) and pedestrian signage (52.8 percent);
- ☐ 44.5 percent of cities/towns have sidewalks;
- ☐ Fewer cities/towns have speed bumps (8.3 percent) or bike lanes (8.7 percent); and
- ☐ The majority of cities/towns have baseball fields (65.9 percent), playgrounds (62.9 percent), and public parks (52.4 percent).

Section II: Policy Issues and Public/Private Collaboration

- ☐ 12.2 percent of cities/towns have regulations or a permit process that require new residential or commercial developments to include *sidewalks adjacent to roads*;
- ☐ 4.8 percent of cities/towns that have any “Walk to School” programs or other programs to encourage children to walk or bike to school; and
- ☐ 77.7 percent of cities/towns where the public schools allows public access to their recreation facilities after school hours.

Section III: Nutrition

- ☐ 35.4 percent of cities/towns with at least one grocery store/super market;
- ☐ 63.3 percent of cities/towns with at least one general store;
- ☐ 55.0 percent of cities/towns with at least one convenience store;
- ☐ 22.7 percent of cities/towns with at least one fast food restaurant; and
- ☐ 28.4 percent of cities/towns with at least one farmers market.

Results

Section I: Physical Infrastructure

Street and Trail Networks

Figure 1 presents the percent of cities/towns with certain street and trail network services, which includes the following: sidewalks; crosswalks; speed bumps; reduced speed zones; pedestrian safety related signage; pedestrian safety related stop lights; bicycle lanes; bicycle racks; off-road bicycle/pedestrian paths; and foot paths (hiking and walking trails).

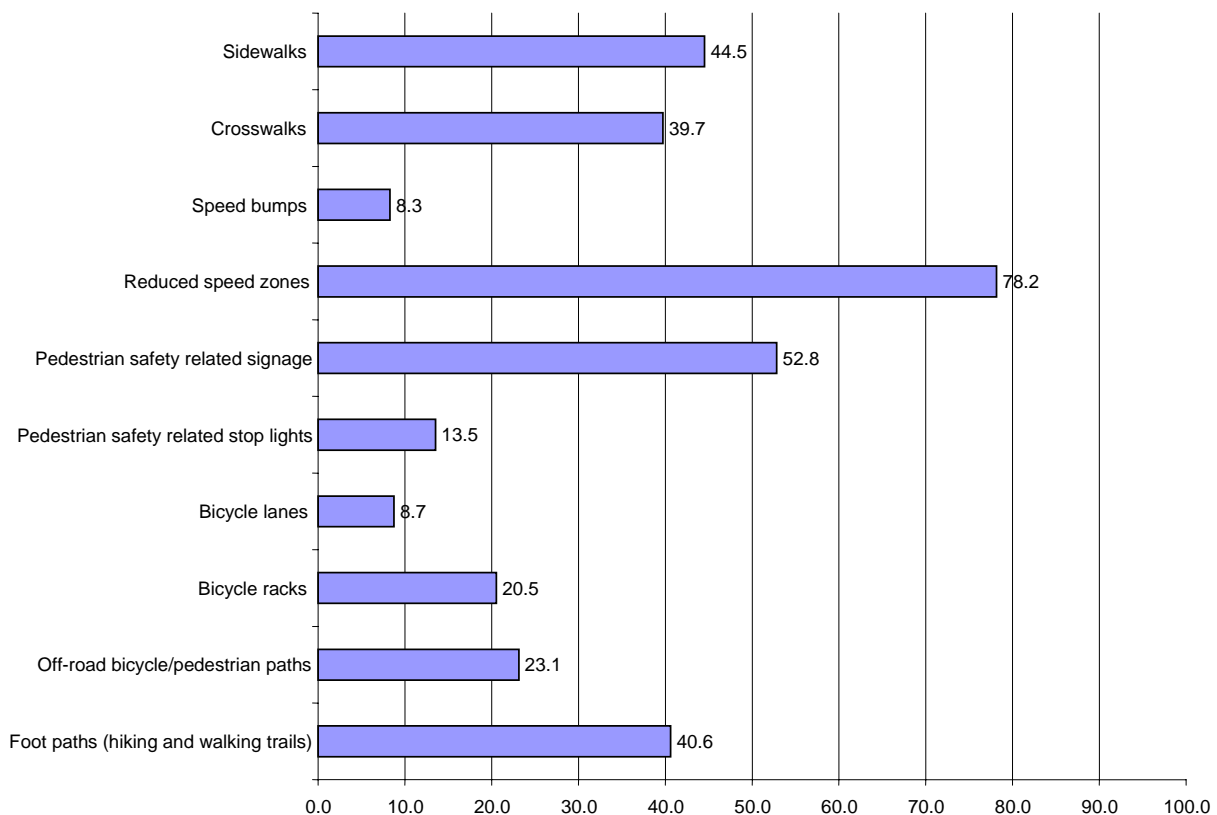


Figure 1. Percent of cities/towns with certain street and trail network services.

The majority of cities/towns have reduced speed zones and pedestrian signage, while fewer than 10 percent of towns have speed bumps or bike lanes. When asked if the city/town had any other types of paths or trails besides those listed, 2.6 percent of cities/towns indicated that they have town snowmobile trails and 0.9 percent of cities/towns reported having horse trails.

Almost half of the cities/towns in Vermont have at least some amount of sidewalk. All nine of the cities in Vermont have sidewalks, while 42.3 percent of towns have sidewalks. Figure 2 shows percent of cities/towns with sidewalks by county. Three quarters of the cities/towns in Chittenden County have sidewalks, while only 18.2 percent of the cities/towns in Addison County do. Table 2 shows the actual average number of miles of these resources in cities/towns.

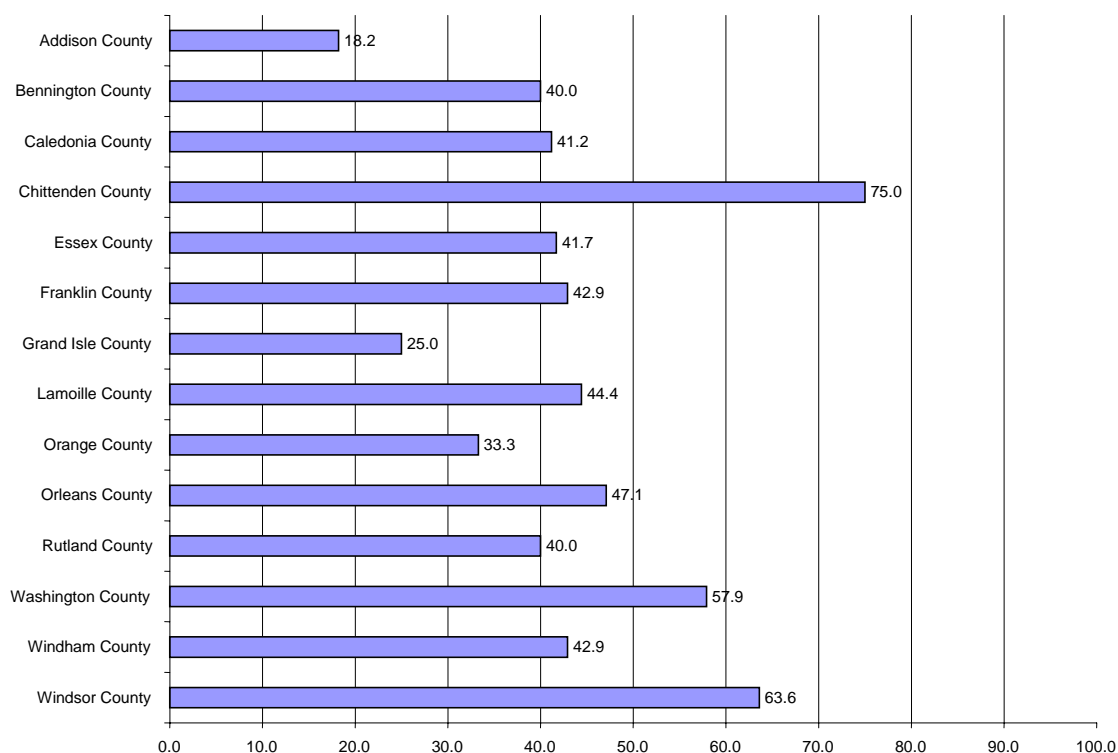


Figure 2. Percent of cities/towns with sidewalks by county.

Table 2. Range and average number of miles of sidewalks, bicycle lanes, off-road bicycle/pedestrian paths, and foot paths (hiking/walking) among cities/towns with these resources.

	Minimum	Maximum	Mean (Std. Dev.)	n
Sidewalks	<1	200	10.4 (25.6)	81
Bicycle lanes	<1	25	4.8 (5.8)	17
Off-road bike/ped. paths	<1	100	8.0 (16.6)	47
Foot paths (hiking/walking)	<1	200	9.2 (25.0)	66

Figures 3 and 4 depict the percent of additions or improvements made by cities/towns with the aforementioned street and trail network services in 2004 and 2005, respectively. The 2005 additions or improvements were most often paid for with local funds or a combination of local funds with either state funds or an unspecified grant. Occasionally private funding was mentioned as a source for additions or improvements.

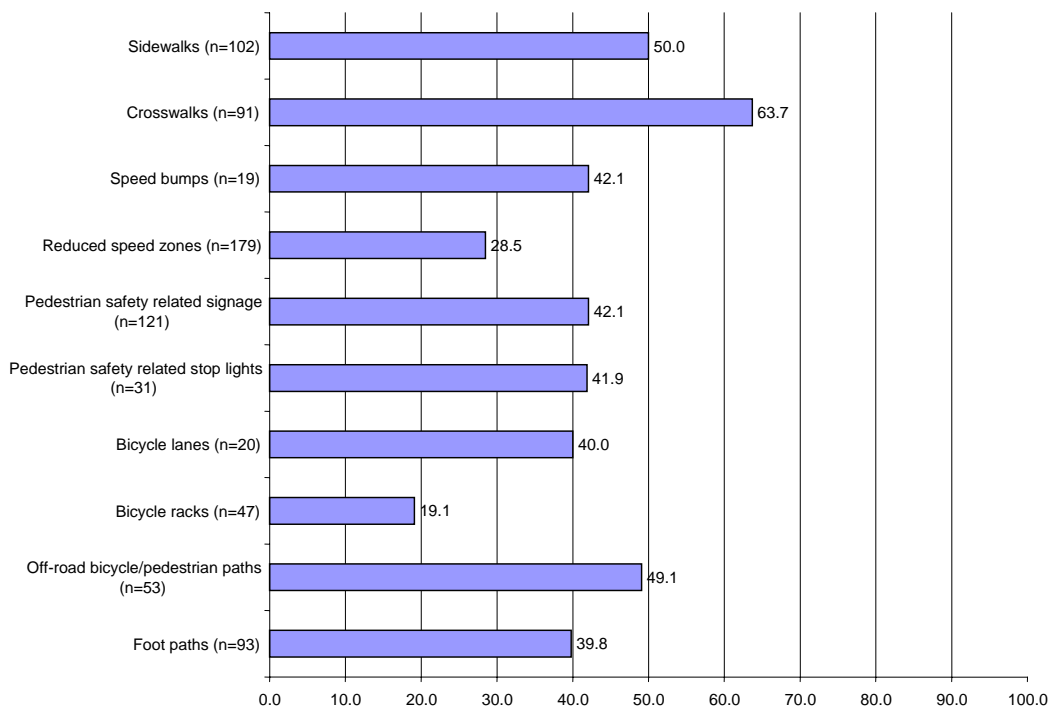


Figure 3. Percent of cities/towns with certain street and trail network services that made additions or improvements in 2004.

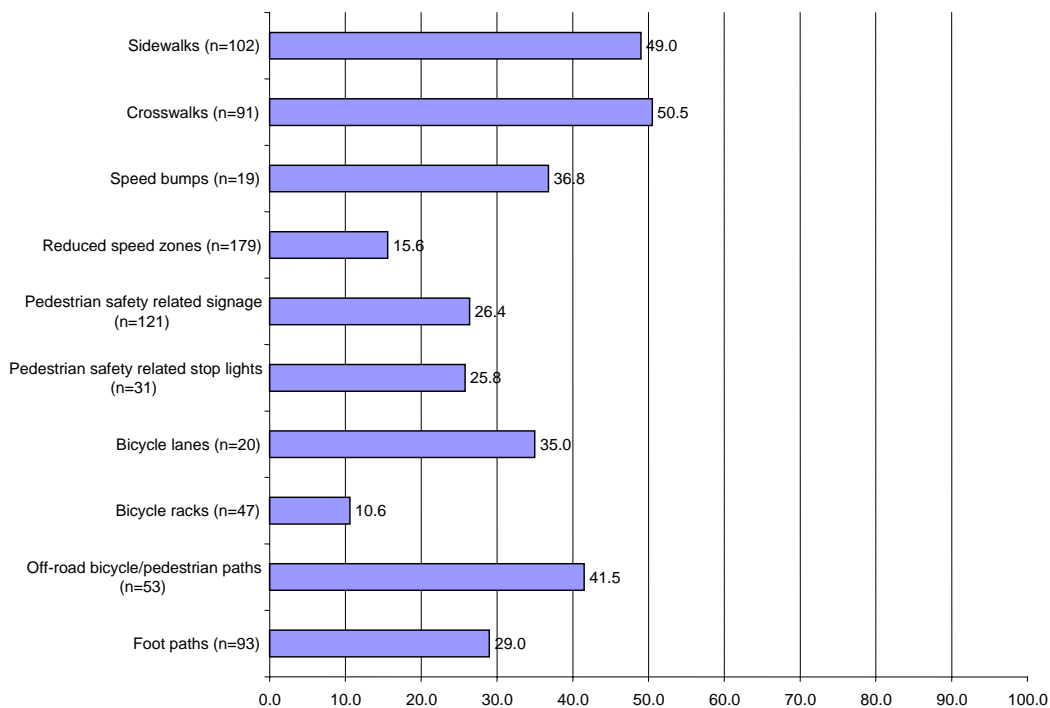


Figure 4. Percent of cities/towns with certain street and trail network services that made additions or improvements in 2005.

Parks & Recreation

The percent of certain parks and recreation facilities in Vermont are shown in Figure 5. The most common parks and recreation resource in Vermont are baseball fields. The least common offering is off-leash dog parks, which only 3.1 percent of cities/towns offer.

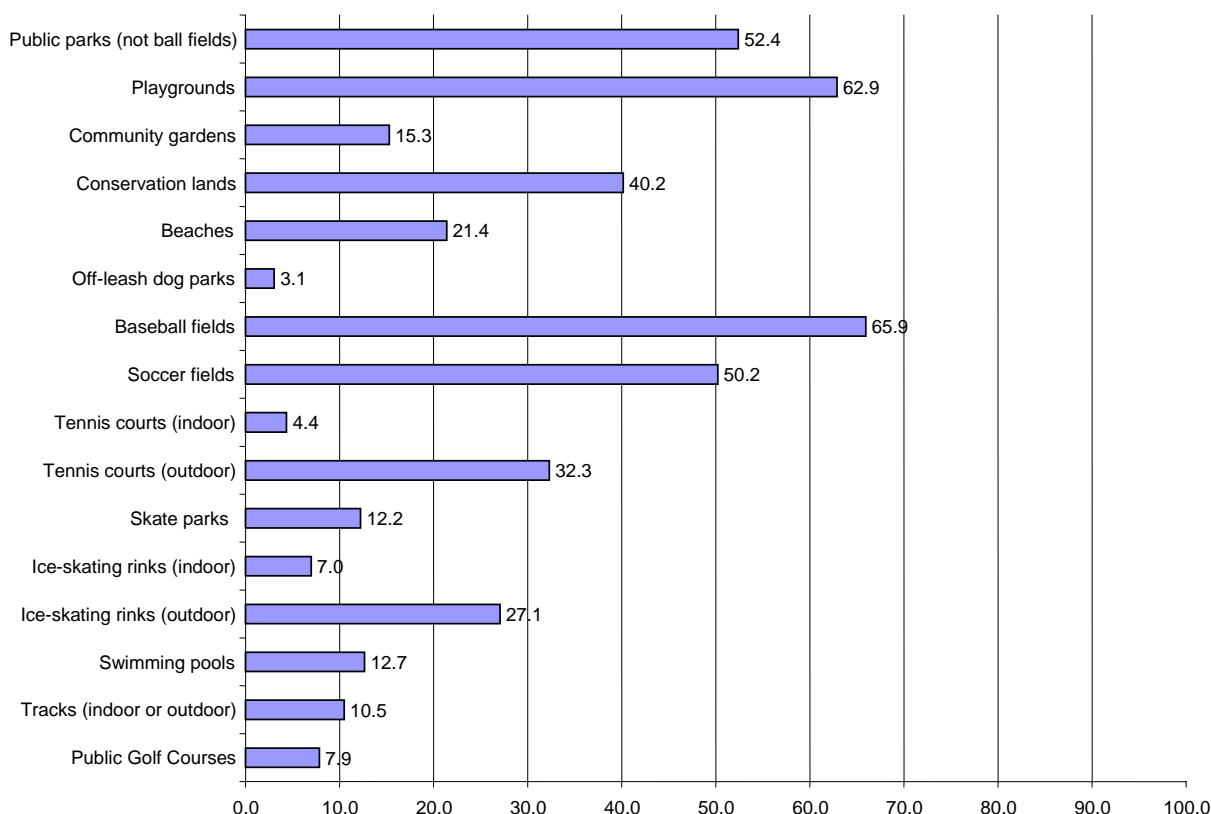


Figure 5. Percent of cities/towns with certain parks and recreation resources.

Additionally, when cities/towns were asked what other types of parks and recreation resources were available, 2.6 percent had a boat dock, 2.2 percent had designated fishing areas, 1.3 percent had basketball courts, 0.9 percent had picnic areas, and only one city/town had a horseshoe pit.

Figures 6 and 7 show the percent of cities/towns that made additions or improvements to their parks and recreation resources in 2004 and 2005, respectively. Funding for the additions and improvements came from a variety of sources ranging from the city/town budget to private contributions.

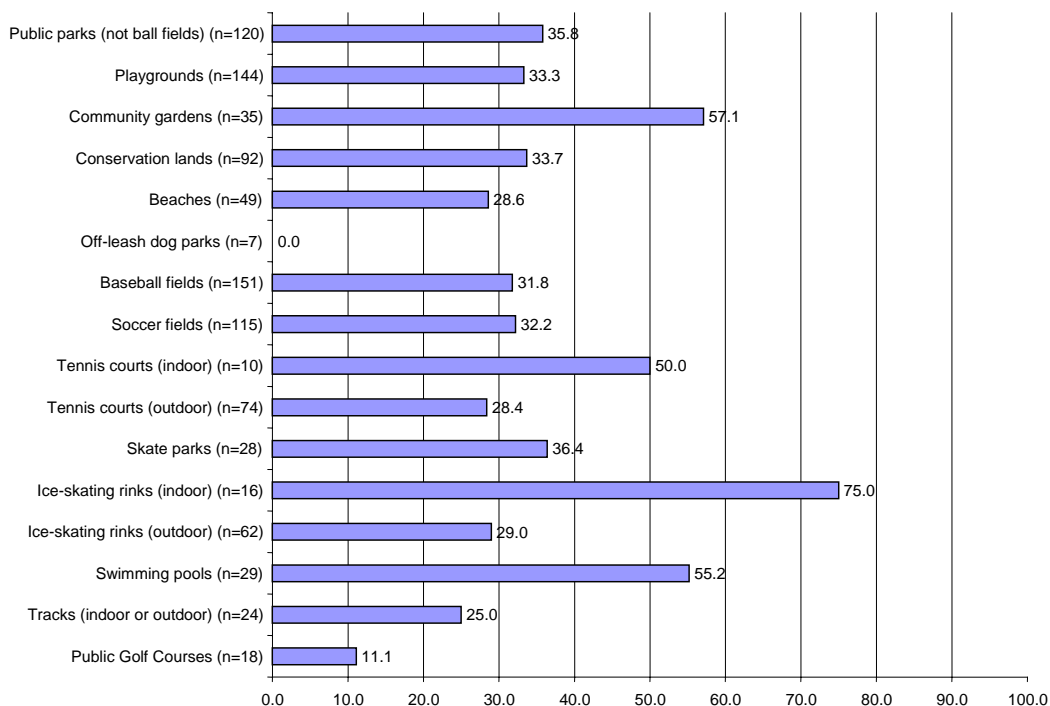


Figure 6. Percent of cities/towns with certain parks and recreation resources that made additions or improvements in 2004.

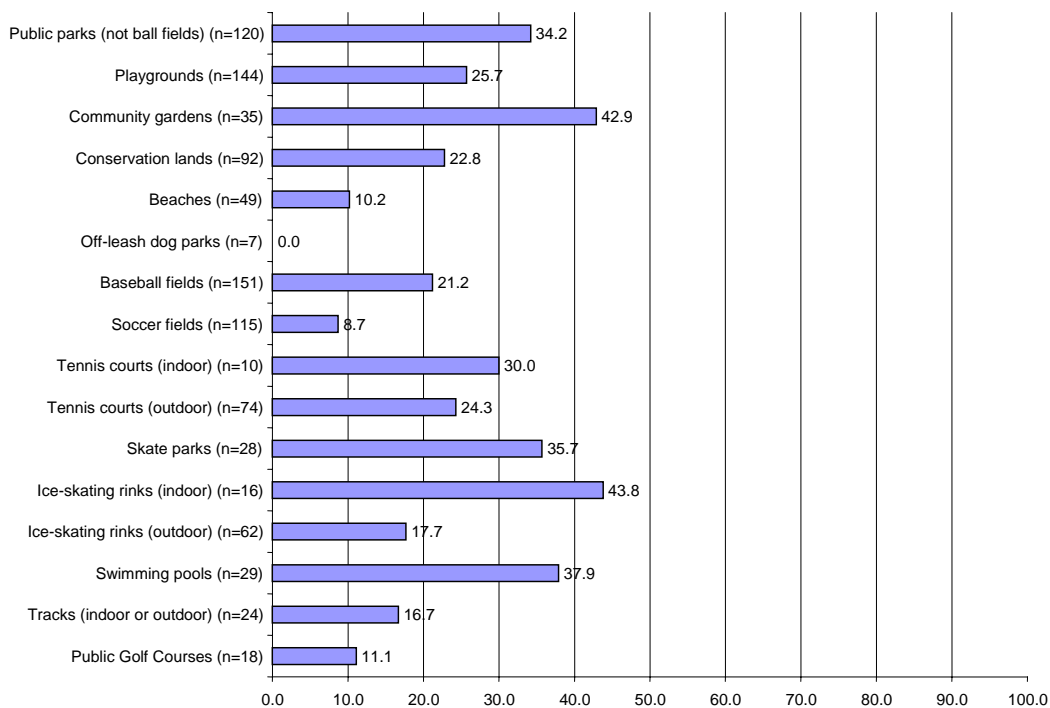


Figure 7. Percent of cities/towns with certain parks and recreation resources that made additions or improvements in 2005.

Section II: Policy Issues and Public/Private Collaboration

This study examined several policy related issues regarding public health resources. These findings are detailed in the bullet points and figures that follow. Generally, no more than 12 percent of cities/towns have the following health-related policies. The one exception is that the majority of cities/towns have schools that allow residents to use public school facilities after the school day.

- 12.2 percent of cities/towns have regulations or a permit process that require new residential or commercial developments to include *sidewalks adjacent to roads*. This regulation has been implemented in a new development in 78.5 percent of communities with this regulation.
- Regulations or a permit process require new residential or commercial developments to include bicycle lanes in 4.4 percent of Vermont cities/towns. This regulation has been implemented in 70.0 percent of the cities/towns where it exists.
- Off-road bicycle/pedestrian paths are required in new residential or commercial developments in 3.9 percent of cities/towns. 88.9 percent of the cities/towns that require off-road bicycle/pedestrian paths have had them implemented in new developments.
- Pedestrian paths connecting cul-de-sacs are required in new residential or commercial developments in 2.6 percent of cities and towns due to regulations or a permit process. Thus far, 66.7 percent with this regulation have seen it implemented in a new development.

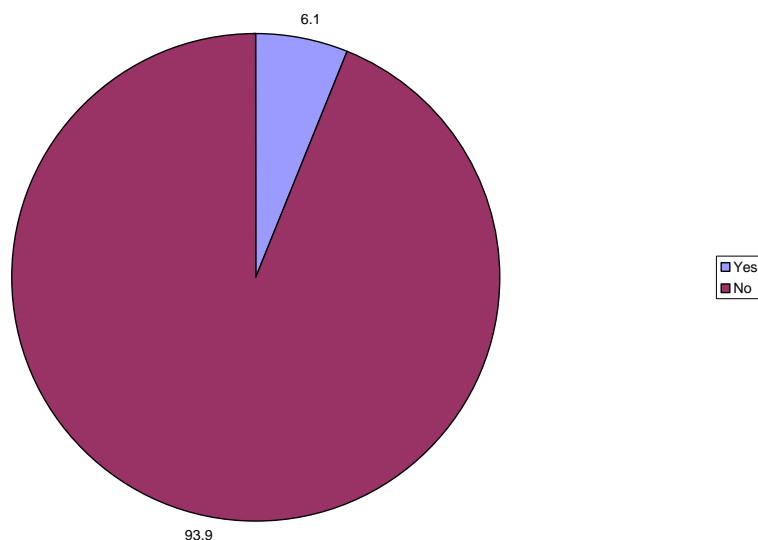


Figure 8. Percent of cities/towns with a policy that requires bikeways or pedestrian walkways in new **public** infrastructure projects.

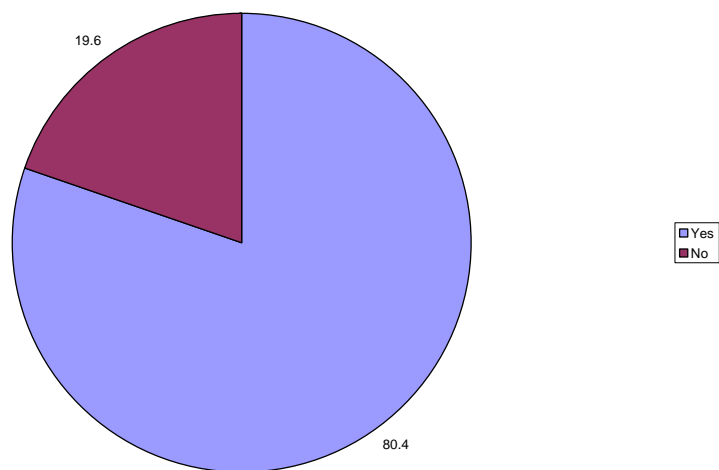


Figure 9. Percent of the 102 cities/towns with sidewalks that regularly clear snow from those sidewalks.

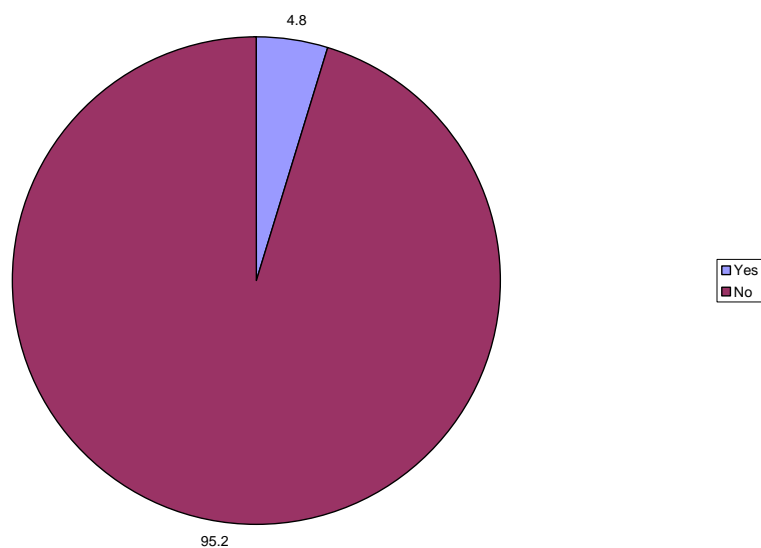


Figure 10. Percent of cities/towns that have any "Walk to School" programs or other programs to encourage children to walk or bike to school.

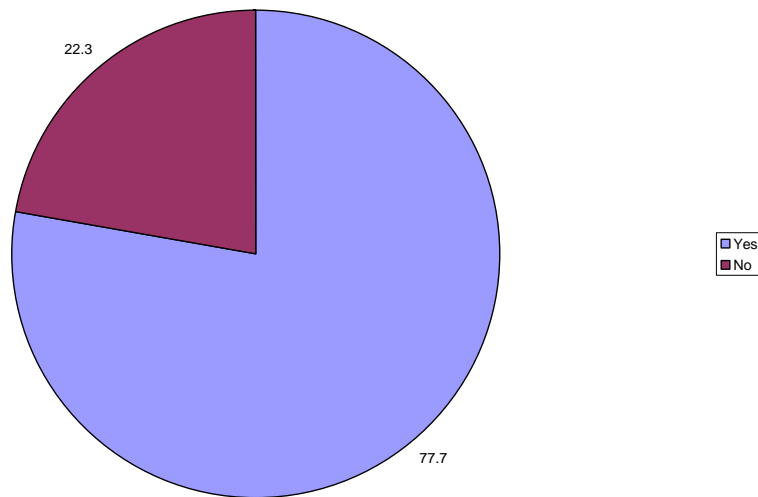


Figure 11. Percent of cities/towns where the public schools allows public access to their recreation facilities after school hours.

Figures 12 and 13 address the issue of city/town sponsored health-related events. Figure 12 depicts what percent of cities/towns actually permitted special events to promote physical activity, such as a health walk.

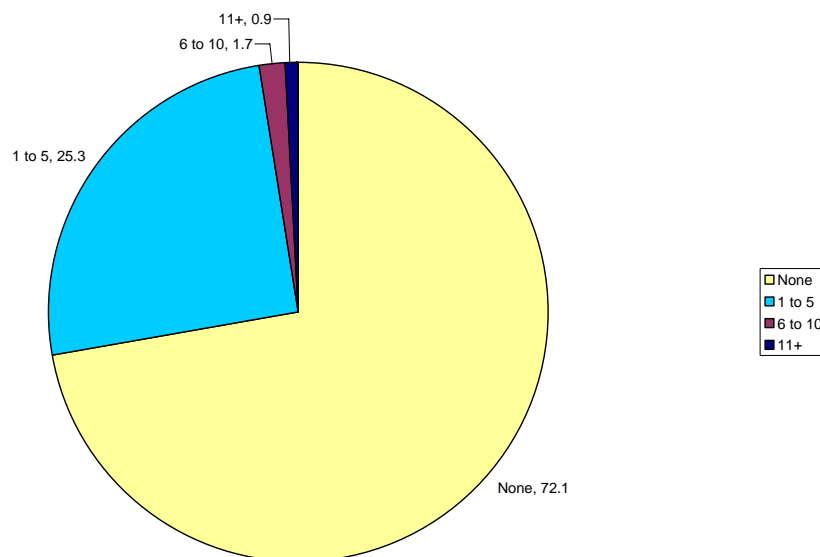


Figure 12. Percent of cities/towns that permitted or sponsored a specific amount of health-related events.

Figure 13 shows the percent of cities/towns that will issue permits or sponsor events to promote physical activity. This indicates a mechanism within the city/town to permit or sponsor such an event. Less than a quarter of the towns had mechanisms to permit or sponsor health-related events. Almost 7 percent of cities/towns mentioned events that were not listed, which included events ranging from a canoe race to a softball event, and from cross country skiing to a triathlon.

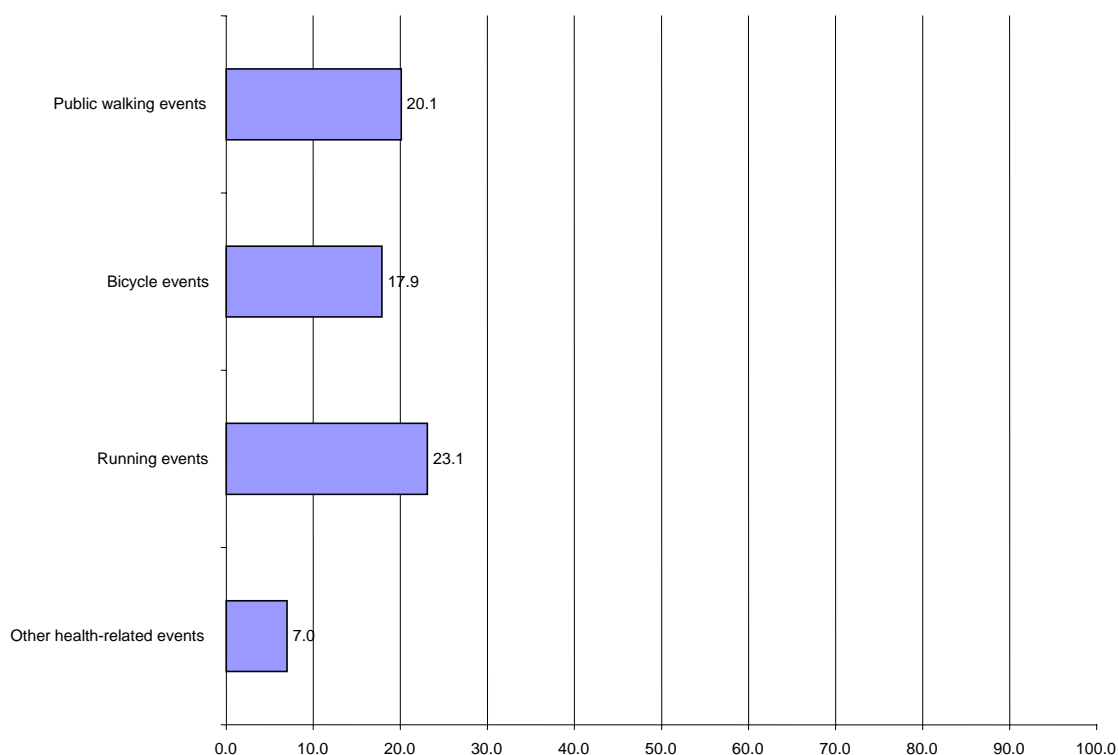


Figure 13. Percent of cities/towns that will issue permits or sponsor events to promote physical activity.

Figure 14 shows the level of collaboration between cities/town and organizations such as the Red Cross or the Green Mountain Club. Less than a fifth of all the cities/towns in Vermont have collaborated with non-profits to promote physical activity.

Figure 15 details the percent of Vermont cities/towns that have offered health screening services to the public during the past 12 months.

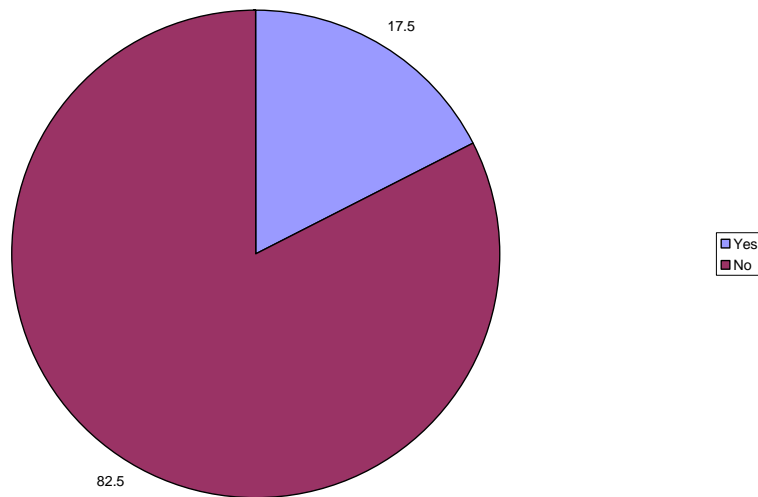


Figure 14. Percent of cities/towns that responded affirmatively to the question: Does your city or town collaborate with organizations to promote physical activity?

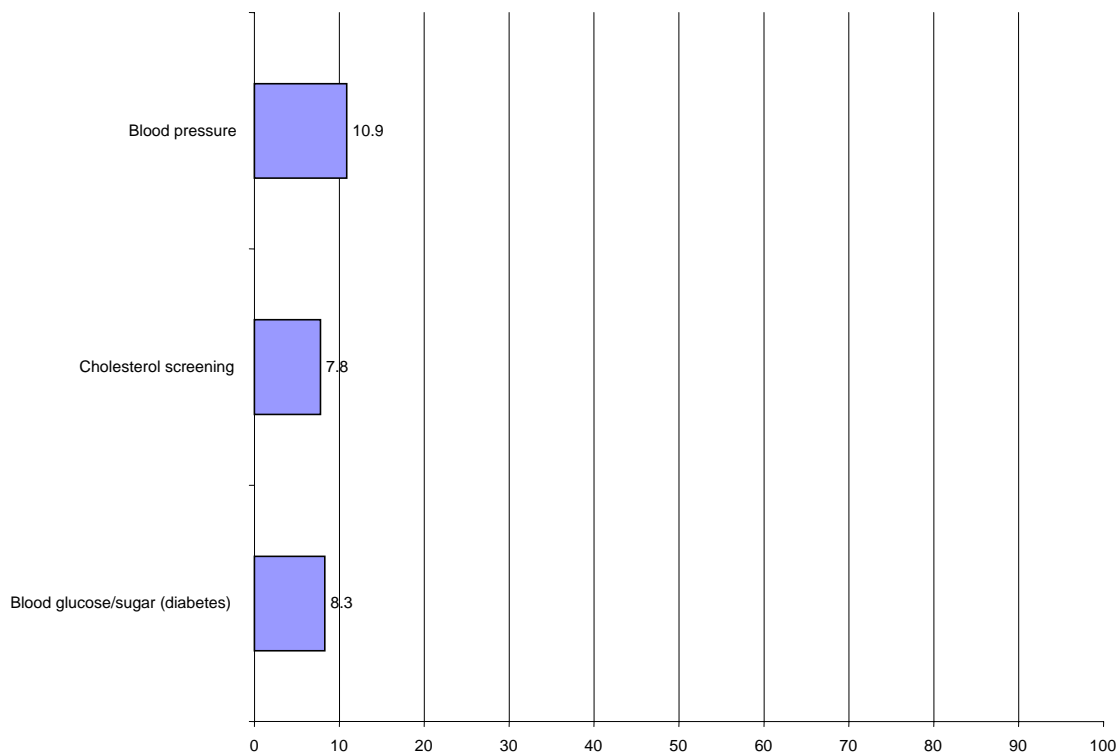


Figure 15. Percent of cities/towns that have offered health screening services to the public during the past 12 months.

Section III: Nutrition

Although not a technically a public resource, a communities food sources are a critical component to public health. Figure 16 shows the percent of cities/towns with at least one grocery store/super market, general store, convenience store, fast food restaurant, or farmers market. General stores are found in the majority of Vermont's cities/towns. Interestingly, a greater percent of cities/towns have farmers markets than fast food restaurants. Figure 17 shows the percent of towns with public transportation to these places that sell food products

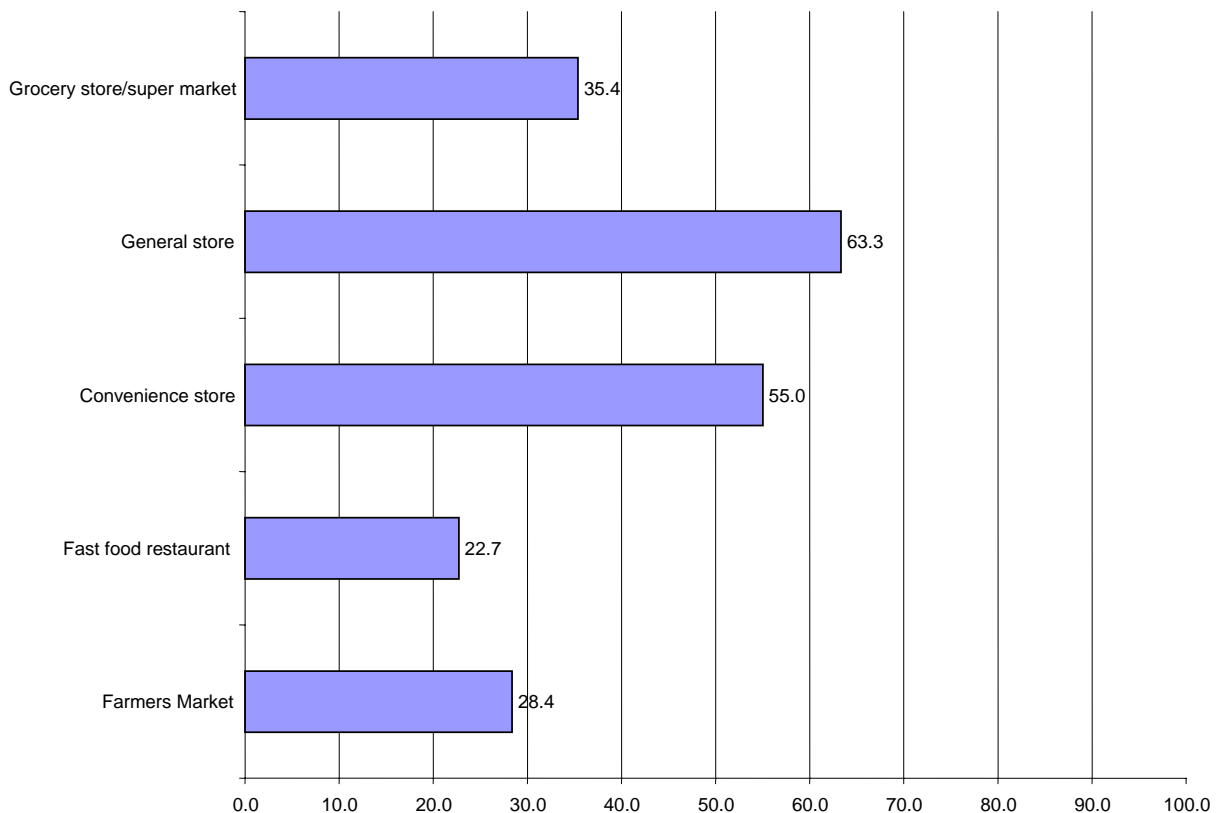


Figure 16. Percent of cities/towns with at least one grocery store/super market, general store, convenience store, fast food restaurant, or farmers market.

A very small percent of cities/towns sponsor or fund health education classes for their residents. Fewer than five percent of cities/towns offer courses on choosing healthy foods outside the home, preparing healthy foods, growing fruits and vegetables, or any other health courses.

Only one percent of cities/towns collaborate with private organizations or retail food establishments such as grocery stores or restaurants to promote healthy eating. Likewise, by-laws requiring notices or labels on menus in eating establishments indicating which foods or food items may be healthy were essentially non-existent.

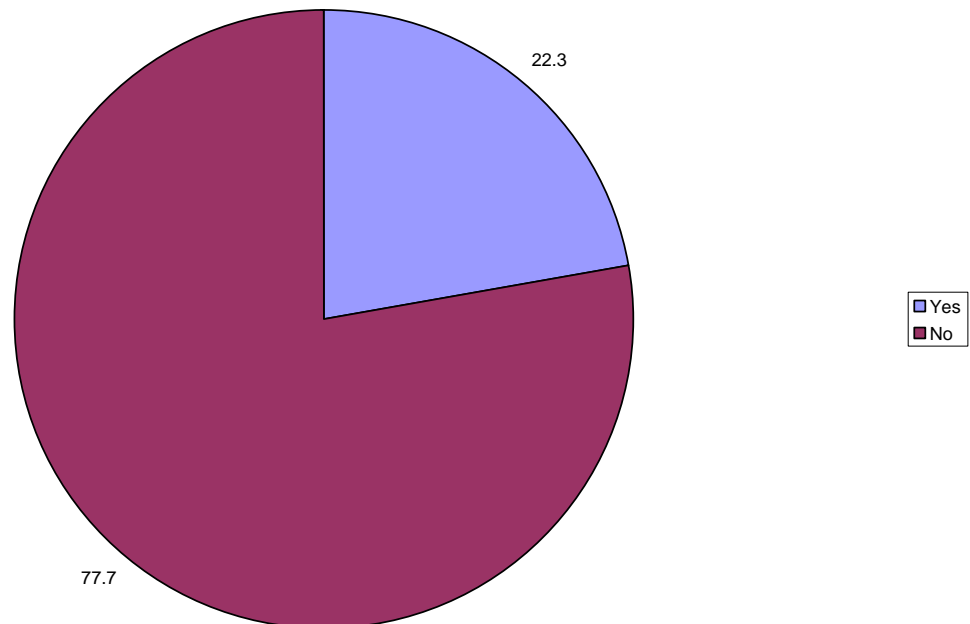


Figure 17. Percent of cities/towns that have public transportation (van service, bus service, etc.) to places that sell food products, such as farmers markets or grocery stores.

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Appendix A

Inventory of Resources Related to Health For Cities and Towns in Vermont

2005

Thank you for agreeing to participate in this survey. The participation of your city/town is completely voluntary. Your time and effort will be greatly appreciated. The survey should take less than twenty minutes to complete.

Instructions

Question 1: Who should respond to this survey?

Answer 1: This survey has been sent to all the clerks' offices in Vermont. Surveys have also been sent to planning, parks and recreation, and/or public works offices in cities/towns where they exist. Please fill out as much of the survey as possible, or forward the survey to a city/town employee or official who is able to complete it.

Question 2: How do we respond to the survey?

Answer 2: If you are able to respond to this survey, please take the following steps.

1. Proceed through the survey one page at a time;
2. Follow the instructions on the individual pages; and
3. Make check marks (X) in the box that corresponds with your answer, and don't leave any question blank, unless you intend to forward the survey to another city/town official who will be able to complete it.

Question 3: How should we return the survey?

Answer 3: After you have completed the survey, please fold it in half and place it in the return envelope that has been provided. No postage is necessary.

Once again, thank you for your time and participation. If you have any comments or questions after finishing the survey, please include them in the space provided on the last page. We can also be reached for comments or questions using the mailing address, email, or phone number provided below.

Question 4: If we have any questions while completing the survey, how can we contact the researchers?

Answer 4: We can be reached for questions by phone at (802)656-0258 or by email at thomas.desisto@uvm.edu.

Section I: Physical Infrastructure and Related Policies

A: Street and Trail Networks

	a. Does your city/town provide?	b. In the past year ('04), were any additions or improvements made?	c. Are any additions or improvements planned for '05?	d. Sources of funding for additions or improvements in '05 (town, grant, etc.)?
1. Sidewalks	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	
2. Crosswalks	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	
3. Speed bumps	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	
4. Reduced speed zones	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	
5. Pedestrian safety related signage	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	
6. Pedestrian safety related stop lights	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	
7. Bicycle lanes	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	
8. Bicycle racks	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	
9. Off-road bicycle/pedestrian paths	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	
10. Foot paths (hiking and walking trails)	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	
11. Other paths and trails	Specify allowed uses: 1) _____ 2) _____ 3) _____ 4) _____	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	

12. How many miles of roads are there in your city or town? _____ miles
13. What percent of the roads in your city or town are paved? _____ %
14. How many miles of sidewalks are there in your city or town? _____ miles
15. How many miles of bicycle lanes are there in your city or town? _____ miles
16. How many miles of off-road bicycle/pedestrian paths are there in your city or town? _____ miles
17. How many miles of foot paths (hiking and walking trails) are there in your city or town? _____ miles

B: Parks & Recreation (not including sports fields and rinks)

	a. Does your city/town provide?	b. In the past year ('04), were any additions or improvements made?	c. Are any additions or improvements planned for '05?	d. Sources of funding for additions or improvements in '05 (town, grant, etc.)?
18. Public parks (not including ball fields)	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	
19. Playgrounds	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	
20. Community gardens	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	
21. Conservation lands	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	
22. Beaches	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	
23. Off-leash dog parks	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	
24. Other park resources	Specify allowed uses: 1) _____ 2) _____ 3) _____ 4) _____	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	

C: Parks & Recreation (specifically, sports fields and rinks)

	a. Does your city/town provide?	b. In the past year ('04), were any additions or improvements made?	c. Are any additions or improvements planned for '05?	d. Sources of funding for additions or improvements in '05 (town, grant, etc.)?
25. Baseball fields	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	
26. Soccer fields	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	
27. Tennis courts (indoor)	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	
28. Tennis courts (outdoor)	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	
29. Skate parks (skate boards, roller skates, etc.)	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	
30. Ice-skating rinks (indoor)	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	
31. Ice-skating rinks (outdoor)	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	
32. Swimming pools	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	
33. Tracks (indoor or outdoor)	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	
34. Public Golf Courses	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	
35. Other fields and rinks	Specify allowed uses: 1) _____ 2) _____ 3) _____ 4) _____	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	

Section II: Policy Issues and Public/Private Collaboration

	a. Does your city or town have regulations or a permit process that requires new residential or commercial developments to include the following?	b. Has this regulation been applied to any new developments yet?
36. Sidewalks adjacent to roads	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know
37. Bicycle lanes	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know
38. Off-road bicycle/pedestrian paths	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know
39. Pedestrian paths connecting cul-de-sacs	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know

40. Does your city or town have a policy that requires bikeways or pedestrian walkways in new **public** infrastructure projects?

1 ☐ Yes 2 ☐ No 3 ☐ Don't know

41. Does your city or town regularly clear snow from sidewalks?

1 ☐ Yes 2 ☐ No 3 ☐ Don't know

42. Does your city or town have any "Walk to School" programs or other programs to encourage children to walk or bike to school?

1 ☐ Yes 2 ☐ No 3 ☐ Don't know

43. Do the public schools in your city or town allow public access to their recreation facilities after school hours?

1 ☐ Yes 2 ☐ No 3 ☐ Don't know

44. Does your city or town collaborate with private organizations, such as the YMCA, Green Mountain Club, or religious organizations to promote physical activity?

1 ☐ Yes 2 ☐ No 3 ☐ Don't know

45. Does your city or town issue permits or sponsor events to promote physical activity such as?

	Yes	No	Don't Know
a. Public walking events	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
b. Bicycling events.....	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
c. Running events.....	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
d. Other events (describe below)	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>

Other events: _____

46. About how many special events to promote physical activity, such as a health walk, were permitted or sponsored in the past year in your city or town? 1 ☐ None 2 ☐ 1-5 3 ☐ 6-10 4 ☐ More than 10

Section III- Nutrition

47. Which of the following are located within your city or town?

a. Grocery store/super market	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know
b. General store	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know
c. Convenience store	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know
d. Fast food restaurant	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know
e. Farmers Market	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 3 <input type="checkbox"/> Don't know

48. Does your city or town sponsor or fund free or low-cost education, such as talks or classes, on:

	Yes	No	Don't Know
a. Choosing healthy foods outside the home	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
b. Preparing healthy foods.....	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
c. Growing fruits and vegetables	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
d. Other nutrition education (describe below).....	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>

e. Other nutrition education: _____

49. Does your city or town have public transportation (van service, bus service, etc.) to places that sell food products, such as farmers markets or grocery stores?

1 ☐ Yes 2 ☐ No 3 ☐ Don't know

50. Does your city or town have a by-law or regulation requiring notices or labels on menus in eating establishments indicating which foods or food items may be healthy?

1 ☐ Yes 2 ☐ No 3 ☐ Don't know

51. Does your city or town board of health or other group collaborate with private organizations or retail food establishments such as grocery stores or restaurants to promote healthy eating?

1 ☐ Yes 2 ☐ No 3 ☐ Don't know

52. During the past 12 months, has your city or town offered any of the following health screening services to the public?

	Yes	No	Don't Know
a. Blood pressure screening.....	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
b. Cholesterol screening	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
c. Blood glucose/sugar (diabetes) screening	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
d. Other screenings (describe below).....	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>

e. Other screenings: _____

Section IV- Comments or Questions

53. Please feel free to use this section of the survey to make any comments or questions you have regarding any of the issues raised by this survey.

[illegible]

- CONTINUE -

Section V- City/Town and Respondent Information

54. City/Town name: _____

55. County name: _____

Respondent #1

Respondent name: _____

Respondent title/department: _____

Phone Number/email address: _____

May we contact you in the unlikely case that questions arise regarding any of your responses?

¹ ☐ Yes

² ☐ No

³ ☐ Don't know

Respondent #2 (if applicable)

Respondent name: _____

Respondent title/department: _____

Phone Number/email address: _____

May we contact you in the unlikely case that questions arise regarding any of your responses?

¹ ☐ Yes

² ☐ No

³ ☐ Don't know

Respondent #3 (if applicable)

Respondent name: _____

Respondent title/department: _____

Phone Number/email address: _____

May we contact you in the unlikely case that questions arise regarding any of your responses?

¹ ☐ Yes

² ☐ No

³ ☐ Don't know

Thank you very much for participating in this study. Please return your questionnaire in the postage-paid envelope provided to:

Center for Rural Studies
University of Vermont
Burlington, Vermont 05401
Phone (802) 656-3021
Fax (904) 264-5582

Appendix B

“Community Garden, Grande Isle County” used by permission of Jane Kolodinsky; University of Vermont; Department of Community Development Applied Economics; <http://www.uvm.edu/cdae/>.

“General Store, Orange County” used by permission of Bill MacDonald; Waits River General Store; 149 VT Rte 25; Waits River, VT 05086; (802)439-5360.

“Bike Path, Chittenden County” used by permission of Todd Taylor
Local Motion; One Steele Street #103, Burlington, VT, 05401; (802)652-2453.